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HISTORY IN THE MAKING

Karlee Vizer, an interpreter assistant with the Meewasin River Valley Authority, left, and Sue Barrett, a volunteer and member of the Marr Residence board, hold some of the prize-winning produce and bread that was featured at the Marr Residence's Harvest Fair on Monday. About 200 people attended this year's edition of the annual fair, which illustrates and celebrates the ways that many of Saskatoon's first settlers lived, worked and played at harvest time. **Story, page 2.** MORGAN MODJESKI/METRO

Child investigated in connection to slain six-year-old

Kahkewistahaw First Nation. Suspect in beating death of Lee Bonneau under the age of 12: Police

ROSS ROMANIUK & MORGAN MODJESKI
Metro in Regina and Saskatoon

A child under the age of 12 is suspected in the homicide of six-year-old Lee Bonneau, who was found beaten to death at southern Saskatchewan's Kahkewistahaw First Nation, RCMP say.

"I will confirm the person involved in the death of Lee Bonneau is under the age of 12," spokesman Sgt. Craig Cleary said on Monday, noting that a press conference is slated for Tuesday afternoon at the RCMP's Regina division headquarters, where more information about the investigation will be revealed.

"The RCMP will be represented as well as the Ministry of Social Services, and the chief of Kahkewistahaw will also be present to field all questions. Each party will have a comment to make in regards to this tragedy."

Bonneau was found severely injured at the First Nation near the town of Broadview on Aug. 21 at approximately 10:20 p.m., and was declared dead soon after.

RCMP confirmed on Aug. 26 they were investigating the tragedy as a homicide.

RCMP and other authorities initially probed what they at first deemed the "suspicious" death of Bonneau, who was a ward of the provincial Social Services Ministry. The boy's body was found outdoors after he had last been seen playing outside a recreation centre at the reserve.

He had been reported missing by his caregiver shortly before he was discovered.

"The extent of the injuries are what we would consider as evidence that could be used in a trial," Cleary told reporters in August, declining to specify the condition in which the boy had been found.

Details

The suspect's age means that no criminal charges would be laid against him or her, in accordance with federal legislation.

- However, social services could undertake counselling measures against the child allegedly responsible.

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Operation Crossroads

Police ticket hundreds in blitz

A day before the Labour Day weekend that saw two people die in crashes on Saskatchewan's provincial highways, it was announced that more than 450 tickets had been issued during a police traffic clampdown titled Operation Crossroads.

With a focus on intersection safety, the blitz — spearheaded by Saskatchewan Government Insurance — took place across the province on Aug. 21 and 22.

During the two days, law enforcement issued 237 offence notices for intersection violations and other charges, 100 tickets for speeding, 37 tickets for cellphone use behind the wheel, and eight suspended-driver charges.

Kelley Brinkworth, SGI spokeswoman, said the number of tickets distributed is concerning.

"From SGI's point of view, it's just important for us to try and raise as much awareness as possible and try to educate people about dangerous things that contribute to collisions," Brinkworth said on Monday.

"It takes a lot to change behaviours, so it has to be a combination of enforcement and awareness."

RCMP spokesman Sgt. Craig Cleary said it's likely that the total of 452 infractions comprised only a small portion of the offences that occurred on provincial highways during that period.

"I have a feeling that it's just a small measure of what's truly going on, on highways in Saskatchewan," Cleary said.

"Any infraction that could result in any sort of injury or death out on the road is of concern to us."

MORGAN MODJESKI/METRO

Labour Day weekend crime keeps Saskatoon cops busy

Law enforcement. Police lay charges ranging from assault to drug possession

On the heels of the city's third homicide of the year, the Labour Day weekend was busy for Saskatoon police as officers dealt with several offences during the three-day break.

The homicide investigation started after officers were called to an assault in progress at about 9:30 p.m. on Thursday. When police arrived, they found a 29-year-old man lying in an alley along the 500 block of 5th Avenue North.

MD Ambulance found the victim dead at the scene. Witnesses told police that they had seen two men fleeing the area, but a search by officers came up empty.

An autopsy was to be conducted on Friday. Police said they'll release more information as it becomes available.

In a separate incident, police charged two men, aged 24 and 25, on Friday with a number of drug and weapons violations after searching a premises on the 100 block of Avenue K South.

Then on Saturday, officers charged a 19-year-old man with break-and-enter, assault, two counts of assault with a weapon and mischief under $5,000 after he allegedly smashed windows on a van and twice threatened occupants of a residence on the 200 block of Camponi Place.

Earlier that day, police charged three men, aged 32, 31 and 26, and a woman, 25, with drug offences following reports of a fight involving a machete and a gun on the 200 block of Montreal Avenue North.

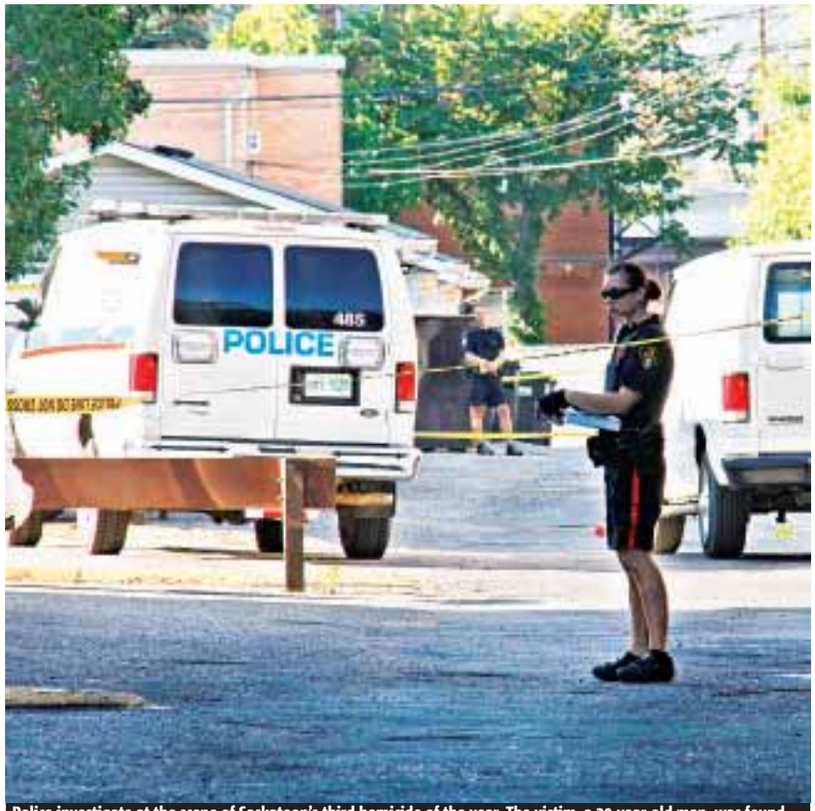
Police were told that the suspects had fled in a vehicle, which officers caught up to and pulled over. Officers searched the vehicle with a police dog and found cash, cocaine and marijuana.

All four are facing combined charges of possession of cocaine not exceeding three kilograms, possession of marijuana not exceeding 30 grams, proceeds of crime under $5,000 and possession of a weapon dangerous to the public.

And on Sunday at 12:45 a.m., police responded to a stabbing on the 800 block of Appleby Drive. Police found a man in his apartment suffering from two stab wounds, though the attack is believed to have happened outside.

The victim was transported to hospital with non-life-threatening injuries and has not cooperated with investigators. No arrests have been made.

MORGAN MODJESKI/METRO



Police investigate at the scene of Saskatoon's third homicide of the year. The victim, a 29-year-old man, was found dead on Thursday in an alley near the 500 block of 5th Avenue North. The homicide was followed by a busy Labour Day weekend for police, who laid drug and weapons charges in multiple incidents. JACOB MORGAN/METRO

Ye olde Harvest Fair takes people back

Mark Courchene works the iron at the Marr Residence's Harvest Fair on Monday. METRO

Saskatoon's past and present collided at the city's historic Marr Residence on Monday.

A blacksmith pounding a hammer onto an anvil, beadweavers, and a duet with a fiddler and pianist could be seen and heard at the Marr Residence's Harvest Fair, as about 200 people stopped in to take a peek at history.

"It's just great to get people down here, because they don't really think about the history," said Karlee Vizer, a festival organizer and interpreter assistant with the Meewasin River Valley Authority.

"They don't realize that this building has all of this information, history and great stories."

In hopes of recapturing some traditions of past harvest fairs, residents had a chance to partake in craft-making and pioneer-style food. For those with a competitive side, they could vie for the title of the maker of the event's best jam, jelly, pickles, flowers, garden produce, baking and handiwork.

Sue Barrett, a board member at the Marr Residence and a volunteer, said the fair is a great way to bring Saskatoon's rich history to life.

"If we're wanting to (keep) our heritage buildings and our sense of place and our young people don't know about it, then it will not be maintained," Barrett said.

"If they come here and ... they hear about the people who have lived here and what they sacrificed, it puts things into perspective for them."

MORGAN MODJESKI/METRO

‘Freeman’ to some, an outlaw to others

‘Sovereign citizen’ movement. Authorities warn against those who flout government, laws

Brian Alexander, of Kamloops, B.C., is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians following the so-called “sovereign citizen” or “Natural Persons” movement. DARRYL DYCK/THE CANADIAN PRESS

He introduces himself as “Brian Arthur of the Alexander family,” and before he’ll answer any questions, he asks a reporter to swear she is not a government employee.

He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have “freed” themselves from what they see as an overbearing government.

“People can’t afford to live, and they’re basically destroying society,” Alexander says at his home in Kamloops, B.C.

He speaks emotionally about the plight soldiers have faced upon their return from Afghanistan and with frustration about the degradation of the environment.

Alexander says violence has no place in the movement, but one official who has followed the rise of the movement in Canada says there have been a number of confrontations during traffic stops or legal proceedings.

“What we’ve seen over the last year is ... an increasing level of desperation,” says Ron Usher, of the Society of B.C. Notaries.

Notaries have found themselves embroiled in the situation, as many Freemen demand having their invented documents authorized.

“People just don’t like the idea that someone isn’t going to help them with their fantasy,” Usher says.

The Law Society of B.C. and B.C. Notaries have both issued warnings about Freemen, which the law society said in a bulletin last year may number as many as 30,000 in Canada.

“Since one of the tenets of the Freeman-on-the-Land movement is an unrestricted right to possess and use firearms, they raise significant safety and security concerns,” the bulletin says.

Law-enforcement agencies are developing awareness materials for frontline officers, and the movement is the subject of upcoming policing seminars. THE CANADIAN PRESS

Obama must sell strategy to win backing on Syria: Republicans

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad’s Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama’s intervention now will be more difficult because Assad “is moving his forces around.” Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

Quoted

“We cannot in good conscience support isolated military strikes in Syria that are not part of an overall strategy that can change the momentum on the battlefield.” Sen. John McCain and Sen. Lindsey Graham in a joint statement

The Republican senators, who often speak with the same voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria “must be assured that this is different from the past two years of neglect” on the part of the administration.

Also on Monday, France released an intelligence report alleging chemical-weapons use by Syria’s regime that dovetailed with similar U.S. claims, as Assad warned that any military strike against his country would spark an uncontrollable regional war and spread “chaos and extremism.”

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration’s insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21. THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

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Verizon no longer looking to enter Canadian market

Still concerned. Telus executive breathing sigh of relief at the news but says company remains on offensive

The executive vice-president of Telus says the announcement that Verizon Communications Inc. is no longer interested in entering the Canadian market doesn't change the fact that the concern is about wireless rules in Canada.

Josh Blair said Monday that Telus remains concerned about government policy on the spectrum available to Canadian wireless carriers.

"This has never been about Verizon coming into Canada, or not, it's always been about fair access to spectrum," Blair said.

"Spectrum is the lifeblood of our industry, and without fair access to it, that's going to potentially, permanently disadvantage Canadian companies," he said.

Verizon spokesman Bob Varettoni said Monday that CEO Lowell McAdam announced that Verizon was no longer interested in Canada after the company agreed to pay $130 billion US for the 45 per cent stake in Verizon Wireless owned by British cellphone carrier Vodafone.

McAdam said Verizon doesn't have an interest in going to Canada, adding "at this point in time we're not interested in entering the Canadian wireless market," Varettoni said.

The prospect of Verizon entering the Canadian market had caused a stir among Canadian wireless carriers.

THE ASSOCIATED PRESS

Rules remain 'wide open'

The big wireless providers argued that big foreign players like Verizon would have an unfair advantage under the current wireless rules.

- "Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum," said Josh Blair, executive vice-president of Telus.

Groovy: Lava lamp turns 50

Lava lamps are displayed in a shop in London. The lava lamp, an iconic piece of British design and social trends, is celebrating its 50th birthday. Since its launch in 1963, Mathmos lava lamps have been in production at their factory in Poole, Dorset. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Hit-and-run case

Thai prosecutors seek warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said Monday.

THE ASSOCIATED PRESS

The Cove

Fight to stop dolphin hunt continues in Japan

Former Guns N' Roses drummer Matt Sorum was in a remote Japanese fishing village Monday to protest against its annual dolphin hunt.

The increasingly global campaign to stop the dolphin kill in Taiji was made famous by the Academy Award-winning 2009 film about the hunt called The Cove.

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HOW DARE YOU BE SO SELFIES?

SHE SAYS

Jessica Napier
metronews.ca

All right, I don't want to be another one of those people complaining about "kids these days," but, teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh, sure, there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places where you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And, no, captioning your selfie with #respect doesn't make it OK.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Opposable thumbs? Pshaw

STEVE JONES/PHOTOSHOT/SOLENT NEWS

House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." METRO

Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the colder days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets you donate each click/calorie to a charity of your choice.

Comments

RE: Is There Any Point to an Arts Degree?

"Is there any point to an arts degree?" Not in any large numbers/volume. There just are not the jobs out there.

If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).

CCToronto, posted to metronews.ca

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger.

Guesswhosback, posted to metronews.ca

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DVD reviews

Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

●●○○○

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (Clash of the Titans) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles.

PETER HOWELL

Give 'em more Vin

Riddick. If his success with the Fast and Furious franchise is any indication, Vin Diesel knows just what the fans want in a movie

NED EHRBAR
Metro World News in Hollywood

With Riddick, Vin Diesel is looking to repeat the success he had reviving his Fast and Furious franchise — he'll start shooting the seventh instalment right after Riddick is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited Hannibal film.

And maybe he'll even squeeze in a Marvel flick somewhere. The actor's been hinting about a Marvel collaboration and even put up a comic-themed photo on his Facebook page.

After the successful revival of the Fast franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?
Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend $200 million like every other Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.

Riddick opens Friday. CONTRIBUTED

How much fun have you been having teasing people about your Marvel news?
Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while D23 is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without totally disregarding the Marvel policy.

What about your long-planned Hannibal project?
You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (Hannibal) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer to traversing the Alps.

You've been holding out for this for so long.
It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this Hannibal you've been promising? Come on, this is bulls—!" "But I'm doing Fast…" "I don't want to hear it!"

What about Bob?

Filthy Gorgeous. Documentary looks at the sometimes contradictory life of Penthouse founder Bob Guccione

With a mass of gold chains as thick as a plate of spaghetti on his hairy chest, a deep bedroom voice, leather pants and title as publisher of the pornographic magazine Penthouse, the late Bob Guccione seemed a one-dimensional character to many.

But beneath the tanned, lady-killer facade was a solitary intellect and artist who had a deep interest in science, according to the new documentary Filthy Gorgeous: The Extraordinary World of Bob Guccione.

"Unlike the brands of (Hugh) Hefner, and Larry Flynt for that matter, Guccione was the polar opposite," says Barry Avrich, director of the doc that premieres Sept. 9 at the Toronto International Film Festival.

"Guccione wasn't interested in being a brand. He was interested in building brands, but not brands themselves. He was reclusive, he didn't go to parties.

"He didn't feel that he had to have a girl or two girls on either arm to perpetuate the brand."

Early in his life, Guccione's career goals were also the polar opposite of those he eventually achieved.

As the film shows, the Brooklyn-born mogul studied to be a priest as a teen. He then tried to make it as an artist around Europe.

It was while in London with his second wife that he began a mail-order business selling pinup posters and set out to create an equivalent of Playboy for a British audience — a mag with high editorial standards that captured "real women" and their sensuality.

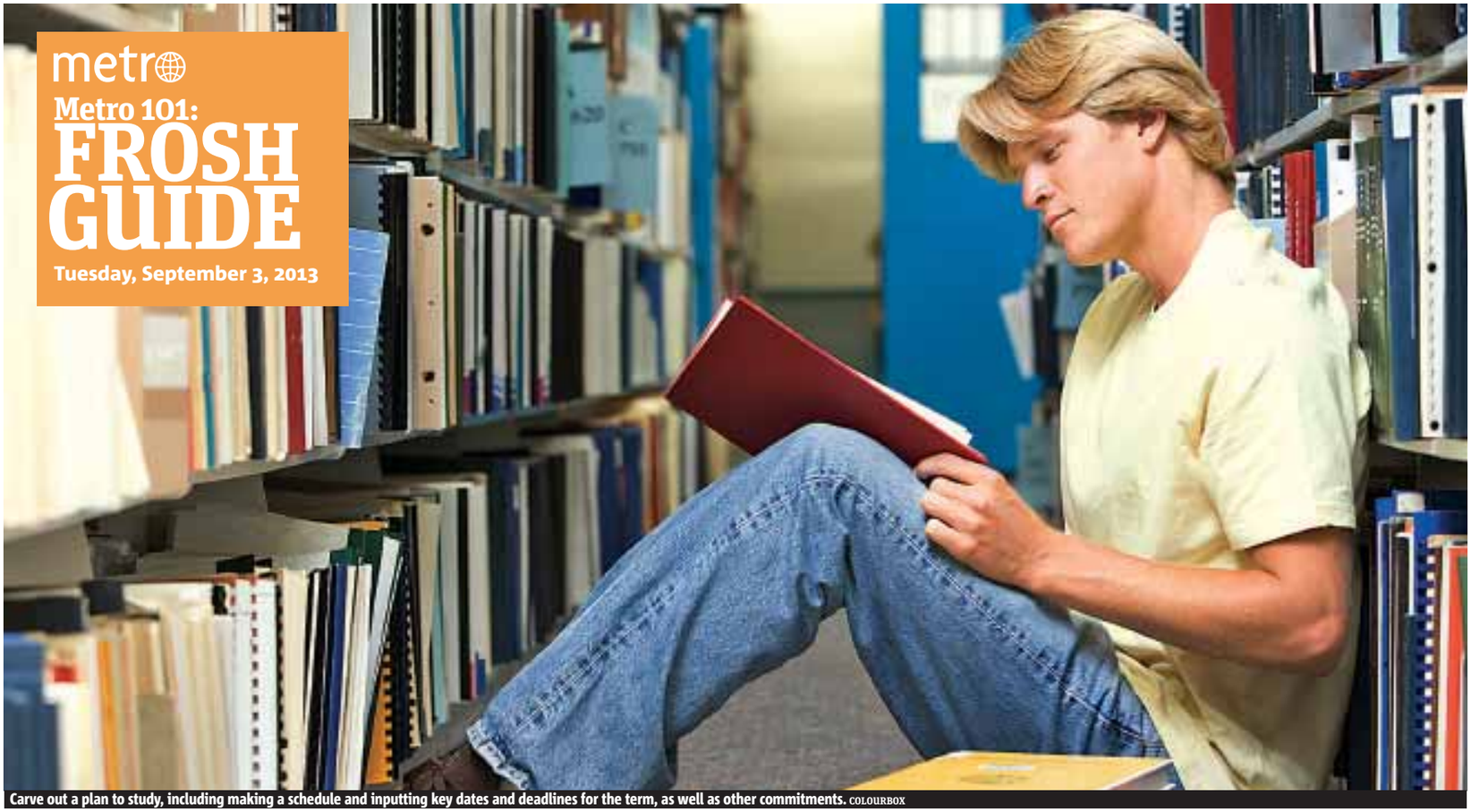
Despite the controversy his idea created across the pond, the first issue of Penthouse in '65 was a hit and led to an empire of many magazines, including the science-based Omni and music-focused Spin. He also made major investments in lofty ventures, from nuclear reactors to casinos and the infamous '79 historical pornographic film Caligula starring Malcolm McDowell, Helen Mirren, and Peter O'Toole.

But in the late '90s and early 2000s, the magazine's circulation dwindled due to competition from Internet porn sites, and Guccione's company was forced into bankruptcy. In 2010, after battling throat cancer, he died in Texas at age 79.

THE CANADIAN PRESS

Bob Guccione may have peddled smut, but he possessed a solitary intellect. THE CANADIAN PRESS

metro
Metro 101:
FROSH GUIDE
Tuesday, September 3, 2013



Carve out a plan to study, including making a schedule and inputting key dates and deadlines for the term, as well as other commitments. COLOURBOX

Brush up on the ABCs of studying

RICHARD WOODBURY
For Metro

While it might be tempting and seemingly practical, cramming before a big test or exam is not the ideal way to study in university.

"You can't do it all at once," said Catherine Davis-Herbert, the director of student life at MacEwan University in Edmonton.

Studying on a regular basis is the key to success.

"Consistent studying is not about studying two days before your exam … Studying starts on the first day of classes," said Jessica Chubb, the co-ordinator of the studying for success program at Dalhousie University in Halifax.

For students to be successful, they should carve out a plan. As a starting point, students should make schedule and input the key dates and deadlines for the term, as well as their other commitments. This will help give them a good idea of the time available for studying.

The time blocked off for study should correspond with the time of day at which the student is most productive. As well, by setting realistic study goals, it will make them easier to adhere to.

Students are also going to want to find a number of ideal study environments from where they can work since sometimes these spaces may be unavailable or crowded.

When studying, just reading and rereading the text won't be sufficient.

"The trick is getting engaged," Davis-Herbert said.

For this engagement to occur, students are going to have to do something with the information they are reading and apply it. This may include taking notes and trying practise problems from textbooks. Students can even create their own practice problems. Another option is for students to explain what they are learning to other people (or creatures).

"One student told me she explained what she was learning to her dog," Davis-Herbert said.

Brain food

- Pay attention to what you are consuming while studying. Eating fresh fruit and vegetables will "give you reserves of energy and increase your ability to concentrate," says a posting on Brock University's website. As well, "stay away from energy drinks with lots of caffeine as they can inhibit your ability to think clearly."

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Tech essentials

MIKE YAWNEY
For Metro

Sure, tablets and computers are widely used for games and entertainment, but they can also be valuable tools to make college and university life a bit easier. Here are a few back to school tech essentials for that post-secondary student in your life.

Macbook Air — $999.99 and up

The ideal laptop to carry in your backpack. The ultra-lightweight Macbook Air is equipped with Intel processors, the latest wireless technology and an improved battery that lasts between nine and 12 hours, depending on the model. The FaceTime camera is also ideal for video conversations with the family for students who are studying abroad. (apple.ca)

Samsung ATIV Book 9 Lite — $829.99

Thin, yet powerful, this new laptop from Samsung doesn't compromise performance for portability. The solid-state hard drive ensures quick access to files and startup times as quick as eight seconds. Enable the SideSync feature to wirelessly transfer files from any Galaxy device, or control your Galaxy smartphone directly from your computer. (samsung.com)

Nexus 7 Tablet — $229 and up

This seven-inch Android tablet from Google and ASUS is the perfect balance of performance and price. It's well-built, portable, and has a battery that can last through nine hours of active use. The Nexus 7 also boasts the highest screen resolution of any tablet of this size. Wi-Fi only at launch. An LTE version will be available soon. (google.ca/nexus)

Moto X — $189.99

An LTE smartphone that doesn't require you to touch it to use it. Get directions, set an alarm, or create schedules using only your voice. The camera can also be activated by a simple twist of the wrist. Available in black and white at launch, but you can expect to customize it in up to 18 colours in the near future. (rogers.com)

Mophie Juice Pack Powerstation Pro — $99.99

An essential gadget for students on the go. This external battery can deliver an extra three to four charges to your smartphone or tablet via USB. It's water-, shock-, and dust-proof, which means you can toss it in a backpack without fear of damage. (mophie.com)

Airport Time Capsule — $299 and up

This stylish wireless router is really two devices in one. Not only does it offer the latest 802.11ac technology (three times faster Wi-Fi than the previous generation of routers), but it also hides a hard drive inside, which constantly backs up your computer so your assignments are always kept safe. (apple.ca)

iPad — $499 and up

Apple's iPad continues to be a favourite among both students and instructors. With the largest app collection of any tablet it's no wonder so many are using the device in the classroom. The latest iPad features improved Wi-Fi performance, high-resolution Retina display and dual cameras. (apple.ca)

Stick N Find — $29.99

Did you buy a lot of tech gadgets for your college kid? Make sure they don't lose them in their messy dorm room with Stick N Find. These quarter-sized stickers can be placed on almost anything. If you lose an item simply launch the smartphone app and the Bluetooth stickers will light up, buzz or show up on your smartphone's "radar screen" as long as they are within 150 feet of you. (sticknfind.com)

Dyson Digital Slim — $299.99 and up

Encourage your student to keep their dorm room clean with this high-tech cordless vacuum. Dyson's Digital Slim line features an extremely portable design, plus Root Cyclone technology ensures your vacuum doesn't lose suction over time. The long reach wand allows floor-to-ceiling cleaning and since there is no cord you can use it almost anywhere. (dysoncanada.ca)

Airbac Backpack — $89.99 and up

Students carry a lot with them throughout the day — help them take a load off with the Airbac. This backpack features an air support system that is designed to rest above the waistline, literally taking the weight off the back and shoulders. Other features include a separate 15-inch laptop pocket, iPad pouch and multi-zipper storage. (airbac.com)

Clockwise, from top left, Samsung ATIV Book 9 Lite — $829.99, Nexus 7 Tablet — $229 and up, Dyson Digital Slim — $299.99 and up, iPad — $499 and up, Airport Time Capsule — $299 and up, Stick N Find — $29.99, Airbac Backpack — $89.99 and up, and Moto X — $189.99.

Healthy Zzzzzz's

Sleep plays a critical role in maintaining both our physical and emotional health, as well as our ability to learn and retain new information. COLOURBOX

A good night's rest is critical to the learning process

RICHARD WOODBURY
For Metro

People of all ages don't get enough sleep, especially university students.

Sleep plays a critical role in maintaining both our physical and emotional health, as well as our ability to learn and retain new information.

"There's a theory that the consolidation of memory takes place during sleep, so if you try to learn something and do not get adequate sleep, that (information) may not get learned very well," said Dr. Henry Olders, an associate professor in the department of psychiatry at McGill University.

When talking about getting a good night's rest, there are two things to consider, said Dr. Shelly Weiss, the president of the Canadian Sleep Society.

The first is the duration of sleep. Most teenagers need 8.5 hours to 9.25 hours of sleep on average, but get much less, while adults need somewhere between seven and nine hours of sleep a night.

"The second part of a good night's rest is the quality of the sleep," Weiss wrote in an email. "There are many things that can disrupt sleep."

This includes medical problems (such as obstructive sleep apnea and nocturnal asthma), as well as mental health issues (such as depression and anxiety).

University life can make it challenging to get a good night's rest because of things like the amount of time needed for academics, time spent working to earn money, as well as the consumption of substances like alcohol.

Not getting a good night's rest can even create or magnify mental health issues.

Sleeping environment

- To create the ideal sleeping environment, one's bedroom should be quiet, dark and the temperature should be comfortable. As well, avoid strenuous exercise, studying and playing computer/video games before bedtime. Avoid watching TV while in bed. The flickering light can delay one from falling asleep.

SOURCE: CANADIAN SLEEP SOCIETY

If I only knew then what I know now

While most people look back on their university days with fondness, people also think about some of the things they would do differently.

"The one thing I would say I wish I would have done in my first year is speak to my professors more often than I did," said Larissa Tkachuk, a Saskatoon native who is entering her final year of studies at the University of Saskatchewan.

She feels this would have helped improve her grades and make the transition to university easier.

Mackenzie Cook, a Sault Ste. Marie, Ont., native who just received his undergraduate degree in electrical engineering from Carleton University in Ottawa, thinks he should have been a little more social during his first year at university.

"I kind of wish I got out more," he said.

As a result, Cook feels he missed out on some social experiences. While his grades were solid, looking back, he feels he did have the time to get more involved in campus life. One way of accomplishing this is to join a society.

Nadia Hachem, a University of Windsor staff member who also has two recent degrees from the university, thinks it's important that students keep an open mind about what they study and not feel committed to sticking to a particular course of study.

"Focus on what you enjoy learning," she said. "It's OK to change your mind and go to a different major."

This can be a challenge because many students can face pressure from parents or teachers to stick with a certain course of study.

It's also important that students reach out to prospective employers and industry contacts long before they graduate, said James Brown, a graduate of Capilano (B.C.) University's motion picture production program.

"You can guarantee a higher standard of success for yourself if you are making those connections earlier on while you are in school," he said.

RICHARD WOODBURY

Advice

"The one thing I would say I wish I would have done in my first year is speak to my professors more often than I did."

Larissa Tkachuk, University of Saskatchewan student

Tuition. Scholarships can ease the burden

Going to university or college isn't cheap. However, a good way for students to lighten the financial burden is to apply for scholarships, especially given that some go unfulfilled.

"The biggest advice I give students is to actually apply for scholarships," said Shelby Verboven, the director of recruitment at the University of Toronto's Scarborough campus.

While it will take time to apply for different scholarships, it can be very lucrative, with most ranging in value from a couple hundred to several thousand dollars, she said.

Students should treat the process like applying for a job and customize every application. Over time, one can take shortcuts.

"Students will find if they are applying for multiple scholarships, they will be able to repurpose some of that information," Verboven said.

Another option is bursaries. Bursaries are usually based on financial need, while scholarships tend to depend on factors such as grades, community involvement and extracurricular activities.

However, some scholarships are based on unusual criteria. For example, Rob Henderson, the CEO of studentawards.com, said there is a scholarship on the site geared towards tall people. Not surprisingly, this scholarship comes from an association for the non-vertically challenged.

While it is tempting to begin one's scholarship search when the school year begins, people should look year round.

"The one mistake a lot of students make is they look in August and September when they are entering school, but don't realize there all sorts of scholarship opportunities throughout the entire year," Henderson said. "The pursuit of scholarships doesn't end once school starts."

Besides checking out a school's financial aid office and searching on websites such as studentawards.com and canlearn.ca, students should also check with their employers and parents employers to see if they have scholarship programs. Students should also check with local community groups.

RICHARD WOODBURY

Check it twice

"Proofread, proofread, proofread."

Kam Holland, the director of awards and financial aid at the University of Winnipeg

Holland says, from the standpoint of a scholarship selection committee, there is nothing worse than seeing spelling mistakes on a scholarship application, especially given if it is one of the first impressions the committee will have of an applicant.

Travelling in groups while on campus is a good way to stay safe. NEWS CANADA

Stay safe and know your surroundings

RICHARD WOODBURY
For Metro

Going to university is like entering a whole new world, so it's important that students think about safety in their new surroundings. Part of this thought process involves finding out what security services are in place.

"Each institution is kind of unique in what they offer," said Staff Sgt. Cathy O'Donnell, the security manager at McMaster University in Hamilton, Ont.

"You really need to be aware of your surroundings."

When travelling through campus at night, one should travel in groups.

"It's always better to have a group of people," said Alissa Ali, a student and residence don at Mount Saint Vincent University in Halifax.

She also recommends carrying a cellphone and flashlight.

University is also a time when many students drink alcohol, so it's important they drink responsibly.

Ali said it is important students know what their drink limit is (in terms of losing control) and respect that. As well, if they are going to a bar, they should bring a specified amount of money they do not plan to spend more than. They should also have money set aside for getting home.

When drinking, students should employ a buddy system and keep an eye on each other to make sure everything is OK.

"Friends are your best allies," O'Donnell said.

One final key point to mention is the issue of consent when it comes to sexual activity.

"Any sexual activity without consent is sexual assault and that's a crime," reads a posts from the website respectyourself.ca.

Campus security

- Some campuses have apps that offer tips and information, as well as direct lines to call campus security. Campus payphones may have a direct line to security and the school may even have emergency phones on campus, which are often referred to as blue light phones. It's also a good idea to take a tour of the campus to become familiar with it.

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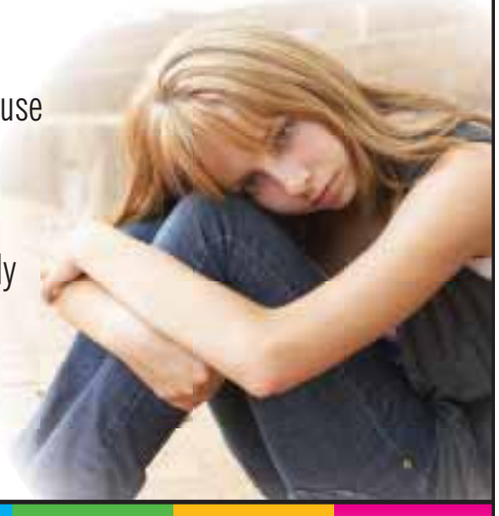

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Long-time friends Holmes and Foxx getting closer?

Katie Holmes and Jamie Foxx turned heads this weekend in the Hamptons, dancing close and looking quite chummy with each other at a benefit bash, according to the New York Post. Holmes, who repeatedly grabbed Foxx's arm, was overheard telling friends, "I haven't had such a good time in so long." The two have been friends for years, but sources say they've become much closer in recent weeks. And blog Diary of a Hollywood Street King even goes so far as to claim that Holmes and Foxx have been seeing each other for "a few months."

Katie Holmes ALL PHOTOS GETTY IMAGES

Bynes' Twitter account 'hacked' while in care

It turns out that mysterious "I love Drake" message on Amanda Bynes' Twitter — her first post since being put under forced psychiatric care earlier this summer — wasn't actually from her. "Amanda's Twitter account has been hacked. She is at the UCLA Medical Center with no access to phones or computers," her attorney, Tamar Arminak, tells Radar Online. She is expected to remain in treatment for the foreseeable future.

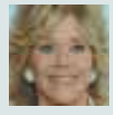
Amanda Bynes

Katy Perry and John Mayer

'Gutted' Mayer pops the question but doesn't like patient Perry's answer

John Mayer is reportedly so serious about his rekindled romance with Katy Perry that he's already popped the question — but he didn't get the answer he wanted, according to Grazia magazine. "John won't run from Katy again. He knows his bad-boy reputation and what happened with Russell (Brand) hurt Katy, and he'll do whatever it takes to show he's the one she should marry," a source says. But Perry apparently "doesn't feel ready" to be married again. "John's proposal really unnerved Katy," the source says. "Even though they have discussed it, she thought it was too soon. John was gutted."

Twitter



@Janefonda
Joined the improv troupe at Upright Citizens Brigade last night. Improv way harder to do than I expected. Fun though

@lenadunham
Feel like there are tons of girls in a pit of ice cream & despair going "Lance Bass got engaged before me!?"

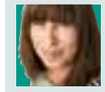
@SteveCarell
"Give a Stranger a Smile Day" results: 23% confused, 34% agitated, 43% annoyed.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Two divorces and demons — business as usual in Hollywood



STARGAZING
Malene Arpe
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're going to tell us that Harry Potter and Draco Malfoy didn't elope.

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet, despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."

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LIFE 3

Half Off: Metro editor loses it

Training. Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA VAN BUUREN
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."

Elisha Dacey with personal fitness trainer Jordan Cieciwa. METRO

Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of Ace Your Health, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

Fitness

Meet personal fitness trainer Jordan Cieciwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called onefitcity.com.

"What attracted me to Elisha is I saw what she was trying to accomplish.

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own needs."

Cieciwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone."

Cieciwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Cieciwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On workout days she has to consider her day not finished until she does her workout.

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."

Elisha Dacey

Elisha Dacey:

Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at metronews.ca/voices/half-off) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

Online

See Jordan Cieciwa take Elisha Dacey through nine basic exercises in our exclusive video stream, online at metronews.ca/halfoff.

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Split Pea and Barley Soup: A hearty Rosh Hashanah starter

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

You can make the soup up to 2 days in advance and just add more stock when reheating. ROSE REISMAN

Restrictions

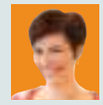
Not all Jewish dietary or traditional requirements may be met by these recipes.

Ingredients

- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

Health Solutions

Don't be sheepish



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Axel Meister of Wooldrift Farms in Grey County, Ont., emigrated from Germany in 1987 and was the first to create a commercial sheep milking operation in the province.

I know. Crazy, right? Sheeps' milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do.

Here's why:

- Milking sheep are grazed on grass and therefore have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is said to help keep weight gain at a minimum.
- Sheeps' milk has almost twice the calcium as cows' or goats' milk.
- Sheeps' milk has almost twice the protein of cows' or goats' milk.

The taste is a lot less gamey than goats' and not quite as sweet as cows' milk. People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance when they seek out the sheep.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Challah bread gets twisted into spirals

Most people know challah — a Jewish egg bread — as a braided loaf. But truth is, it can take on a variety of shapes.

And at Rosh Hashana it often is formed into a spiral, which is meant to symbolize the circle and continuity of the Jewish new year.

1. In bowl of stand mixer, combine water, 4 whole eggs, 3 egg yolks, oil, honey, salt, baking powder, yeast and 4 1/2 cups of flour. Mix on low speed for 6 to 8 minutes, or until dough is smooth and elastic. Dough should be very soft and slightly sticky. If it feels too sticky, add the remaining flour 2 tablespoons at a time.

2. Cover bowl with plastic wrap and allow to rise in a warm place for 45 minutes.

3. Dump dough out onto counter and divide into 16 even pieces. Roll each piece into a 12-inch long snake.

4. Spray muffin tin with cooking spray. Spiral 1 dough snake into each muffin cup. Cover muffin tin loosely with plastic wrap and allow to rise again in a warm place for another 45 minutes, or until puffy.

5. After dough has risen for 30 minutes, heat the oven to 375 F.

6. To prepare egg wash, in a small bowl beat together the egg and water until frothy. Brush gently over the spirals, then bake for 20 to 25 minutes, or until cooked through and golden brown. Transfer to a rack to cool.

THE ASSOCIATED PRESS

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2/3 cup warm water
- 4 whole eggs, room temp
- 3 egg yolks, room temp
- 1/2 cup canola oil
- 2 tbsp honey
- 2 tsp salt
- 2 tsp baking powder
- 2 tsp instant yeast
- 4 1/2 to 5 cups all-purpose flour

For the egg wash

- 1 egg
- 1 tbsp water

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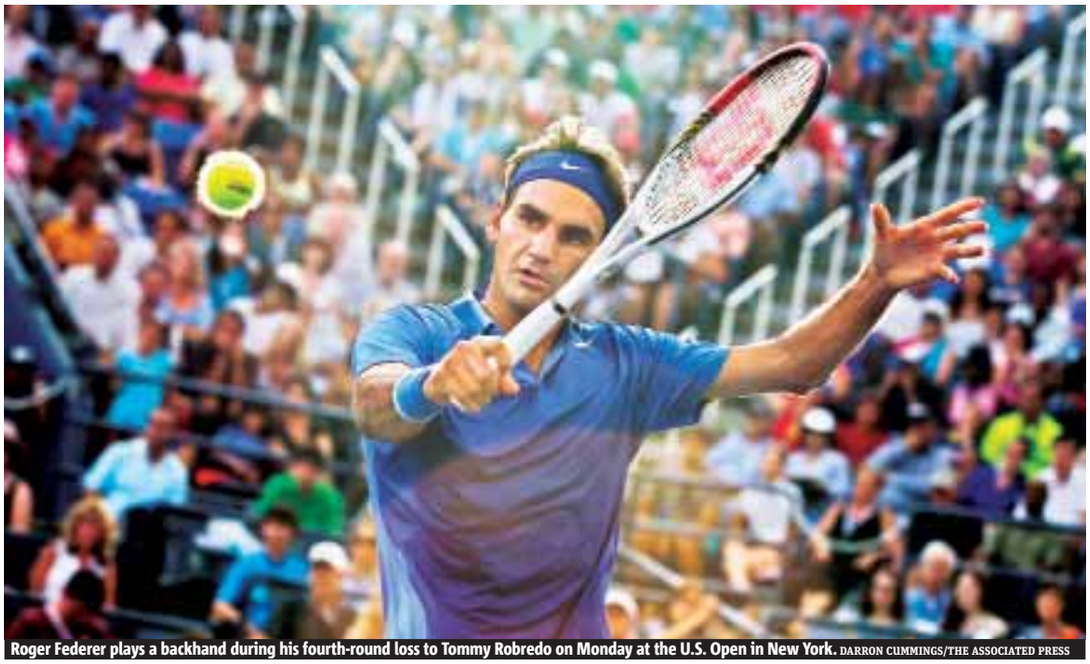
All submissions will be treated as confidential.

metro



Roger Federer plays a backhand during his fourth-round loss to Tommy Robredo on Monday at the U.S. Open in New York. DARRON CUMMINGS/THE ASSOCIATED PRESS

Sun sets on Federer at another major

U.S. Open. 17-time Grand Slam winner stunned by Robredo at Flushing Meadows

Right from the start, Roger Federer looked very little like, well, the Roger Federer who routinely reached the final weekend at Grand Slam tournaments.

In the opening game of his fourth-round match at the U.S. Open, the owner of 17 major titles got passed at the net twice, sailed a backhand long, then missed two forehands to get broken. In the second game, the man who has spent more weeks ranked No. 1 than anyone else dumped a backhand into the net, then shanked two other backhands several feet wide.

No longer the dominant presence he once was, Federer lost in the round of 16 at Flushing Meadows for the first time in a decade, surprisingly beaten 7-6 (3), 6-3, 6-4 by 19th-seeded Tommy Robredo of Spain on Monday night.

0-for no more

0-10

Until Monday, Tommy Robredo was 0-10 against Roger Federer and had managed to win only three of the previous 27 sets they'd played.

"I kind of self-destructed, which is very disappointing," said Federer, who made 43 unforced errors and managed to convert only 2 of 16 break points. "It was a frustrating performance."

It's only the latest in a series. This caps a poor-by-his-standards Grand Slam season for Federer, whose record Grand Slam trophy collection includes five at the U.S. Open.

He exited in the semi-finals at the Australian Open in January, the quarter-finals at the French Open in early June and the second round of Wimbledon in late June.

Later in the evening, Milos Raonic of Thornhill, Ont., lost a five-set marathon match to Richard Gasquet of France.

THE ASSOCIATED PRESS

CFL

Stamps lose Glenn in win over Esks

The Calgary Stampeders lost starting quarterback Kevin Glenn to a leg injury early in Monday's Labour Day game and then almost lost the game itself to the visiting Edmonton Eskimos in a 37-34 victory.

The Stampeders (7-2) continue to chase the Saskatchewan Roughriders (8-1) atop the Canadian Football League. The Eskimos (1-8) lost their seventh in a row and reside in the West Division basement.

The Stampeders quickly built a 17-0 lead after the opening quarter, but their momentum stalled momentarily when Glenn left the game in the second.

Maurice Price led Calgary with three touchdowns in the receiver's first game since injuring his hamstring in Week 3. He finished with 165 receiving yards on five receptions.

THE CANADIAN PRESS

CFL

Alouettes have no time for Tebow

He's a free agent but the Montreal Alouettes won't be calling Tim Tebow about playing in the CFL.

"We've never had a conversation with him or his representation," Montreal GM/interim head coach Jim Popp said Monday, adding there won't be one unless Tebow or his management initiates it.

The former Florida star was cut by New England Patriots at the end of training camp and cleared NFL waivers. The Alouettes have Tebow on their negotiation list and own his CFL rights.

THE CANADIAN PRESS

Riders defuse Bombers with strong 2nd half

Roughriders Kory Sheets, left, and Taj Smith celebrate the good times in their 48-25 win over the Blue Bombers on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Winnipeg Blue Bombers quarterback Justin Goltz celebrated his two rushing touchdowns by taunting the fans in the north end zone at Mosaic Stadium.

The Saskatchewan Roughriders chose to let their play do the talking.

Kory Sheets, Taj Smith and Geroy Simon scored two touchdowns each as the Roughriders improved to 8-1 for the first time in their 103-year history with a 48-25 win Sunday in the Labour Day Classic over the feisty Blue Bombers.

Simon's second score, on a 10-yard pass from Darian Durant, capped a furious second-half rally that saw Saskatchewan overcome an 18-14 halftime deficit by outscoring Winnipeg 34-7 the rest of the way.

On Sunday

Roughriders	Blue Bombers
48	25

"We're a winning team and we play football the right way," Simon said. "Winning teams do things the right way whether you're winning or you're losing. We'll take care of our business and let them do whatever they want."

Goltz tried to make it interesting when he blew by Saskatchewan defensive back Dwight Anderson to complete a 46-yard touchdown run, but Anderson intercepted him on Winnipeg's next possession, which led to Smith's second touchdown of the game and a 38-25 lead. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

♉ Taurus
April 21 - May 21
Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

♊ Gemini
May 22 - June 21
Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

♋ Cancer
June 22 - July 23
You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

♌ Leo
July 24 - Aug. 23
You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

♍ Virgo
Aug. 24 - Sept. 23
It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

♏ Scorpio
Oct. 24 - Nov. 22
There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

♐ Sagittarius
Nov. 23 - Dec. 21
Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

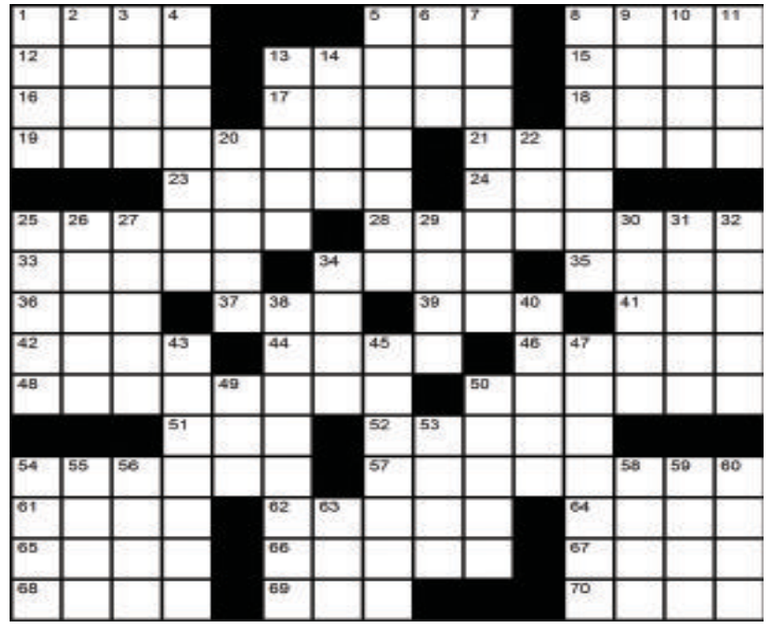
♑ Capricorn
Dec. 22 - Jan. 20
You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

♒ Aquarius
Jan. 21 - Feb. 19
It may be true that someone is trying to undermine your authority but is it important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

♓ Pisces
Feb. 20 - March 20
It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. SALLY BROMPTON

Crossword: Canada Across and Down

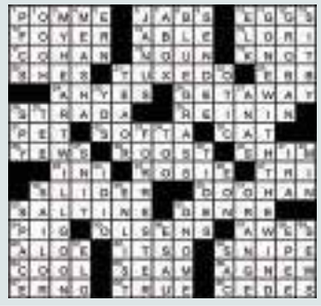
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. __ to School
5. From A __ _ (Step-by-step)
8. Poker token
12. Wings: Latin
13. __ diving
15. __-call (Automated phone message)
16. Fall mo.
17. Trompe _'__ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beachcombers" main character, Nick __
33. Spew fire
34. Newbie, variantly
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Cadillac Records" role
44. Hawk's lofty nest [var. sp.]
46. Whitney Houston song: "Greatest Love __ __"
48. __ set (Compass, ruler, triangle, etc. kit)
50. Canadian notebooks brand
51. Work of what?
52. Jagged
54. 3-ring __
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady __ __ goes!"
64. "The Flintstones in __ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You __ Me" by Sam Cooke

Down
1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day follower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from 2001: "Izzo (_._._._)"
10. "_ __ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning 'Seven'
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain __
26. Give a stately speech
27. __ __ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, __ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The __" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It __"
59. Level
60. Belinda Carlisle hit: "Circle in the __"
63. The __ (Sault Ste. Marie's nickname)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	8	4	1	9	6	3	5	7
3	1	5	8	7	4	9	2	6
6	7	9	2	5	3	4	8	1
8	2	6	3	1	7	5	9	4
1	9	3	5	4	8	6	7	2
4	5	7	9	6	2	8	1	3
7	4	1	6	8	9	2	3	5
9	6	2	7	3	5	1	4	8
5	3	8	4	2	1	7	6	9

			4			5		
5		2		6			3	
1			2			8		
		5		2	1			7
	2						1	
4			8	3		9		
		7			8			5
	5			9		4		6
		8			6			

Today 25°/12° Sunny
Wednesday 29°/16° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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